




JANUARY BREAKFAST



Tuesday – 1/5 Grape Juice Oatmeal String Cheese French Toast Sticks & Pancake Syrup Whole Grain Goldfish Crackers	Wednesday – 1/6 Cranberry Juice Bran Flakes Cereal Whole Wheat Bagel & Peanut Butter Pineapple Tidbits	Thursday – 1/7 Orange Juice Cheese Omelet Strawberry Waffle Graham Crackers Raisin Bran Cereal
Tuesday – 1/12 Apple Juice Turkey Sausage Biscuit Bran Flakes Cereal Raisins	Wednesday – 1/13 Grape Juice Raisin Bran Cereal Pumpkin Muffin Cherry Craisins Hard Boiled Egg	Thursday – 1/14 Cranberry Juice WG Frosted Flakes Cereal Whole Wheat Bagel Egg Patty & Cheddar Cheese Fresh Fruit
Tuesday – 1/19 No Breakfast Delivery 	Wednesday – 1/20 Apple Juice Turkey Sausage Biscuit w/ Swiss Cheese Tropical Fruit	Thursday – 1/21 Grape Juice Bran Flakes Cereal Hard Boiled Egg Fresh Fruit Wheat English Muffin & Peanut Butter
Tuesday – 1/26 Cranberry Juice Cinnamon Squares Cereal String Cheese Whole Wheat Cinnamon Roll	Wednesday – 1/27 Orange Juice Bran Flakes Cereal Pancakes & Pancake Syrup Turkey Sausage Link Fresh Fruit	Thursday – 1/28 Grape Juice Oatmeal Turkey Sausage/Egg/Cheese Wrap Strawberry Waffle Graham Crackers



Getting Enough Fluids

It's important for your body to have plenty of fluids each day. Water helps you digest your food, absorb nutrients from food, and then get rid of the unused waste. Water is found in foods-both solids and liquids, as well as in its natural state.

With age, you might lose some of your sense of thirst. To further complicate matters, some medicines might make it even more important to have plenty of fluids.

Remember, water is a good way to add fluids to your daily routine without adding calories.

Try these tips for getting enough fluids:

- Don't wait until you feel thirsty to drink water or other fluids.
- Take sips of water, milk, or juice between bites during meals.
- Add liquids throughout the day.
- Have a cup of low-fat soup as an afternoon snack.
- Drink a full glass of water when you take a pill.
- Have a glass of water before you exercise.
- Drink fat-free or low-fat milk, or other drinks without added sugars.
- If you drink alcoholic beverages, do so sensibly and in moderation. That means up to one drink per day for women and up to two drinks for men.
- Don't stop drinking liquids if you have a urinary control problem. Talk with your doctor about treatment.

Learn how to shift to healthier beverage choices.

<https://www.nia.nih.gov/health/getting-enough-fluids>



Snowflakes are Winter's Butterflies

Thin Ice by Paige Shelton (Book – Mystery)

First in a new series set in Alaska, a woman escapes from her kidnapper but must hide away until he is caught.

Dachshund Through the Snow by David Rosenfelt (Book – Mystery)

Lawyer Andy Carpenter and his golden retriever, Tara, can't say no to helping young Danny and his dachshund, Murphy, at the holidays.

Christmas at Carnton by Tamera Alexander (Book – Fiction)

A young widow's life is changed forever after a chance meeting with a wounded Civil War soldier.

100 Snowflakes to Crochet by Caitlin Saino (Book – Non-Fic)

Create your own snowdrift. Beginner, intermediate, and advanced patterns plus crochet refresher course.

Painting Watercolour Snow Scenes the Easy Way by Terry Harrison (Book – NonFic)


Easy tips and techniques for painting snow in watercolour for every skill level. Step-by-step instructions to create beautiful scenes, Christmas cards, and more.

Ice Road Truckers (DVD – Documentary)

Follow the adventures of six truckers in a friendly competition on the ice roads as they brave white-outs, thin ice, and the deadly cold to perform one of the most dangerous jobs in the world. A total of seven seasons available in this series.

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